

**Quotes from...**

***Adventures in Tandem Nursing:  
Breastfeeding During Pregnancy and Beyond*  
by Hilary Flower (LLLI, 2003)**

**"I never regretted tandem nursing. It was always an obvious act of love. While it was not easy, it forged me into a better person. I was more able to give and more able to extend myself to meet legitimate needs. No one tells us this secret: Putting our babies first expands us and makes us more deeply human. It's what grows us up. I recommend it."**

-- Peggy O'Mara, publisher and editor of Mothering Magazine, in the introduction to Hilary Flower's *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. xii

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**"... there is no one 'best' approach to the challenges of breastfeeding during pregnancy and tandem nursing; each mother must follow her own inner voice as she balances her needs and her children's needs. Trust yourself."**

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. xix

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**"A small child's focus on his mother and on breastfeeding reflects the development of a strong primary attachment. As a baby matures into a toddler and beyond, breastfeeding remains a vital link to his or her starting place, giving the child a wonderful way to check back into home base as he or she gains independence in the outside world. The need to sometimes be 'the baby' and the desire to soak up the secure connection with mother are of great importance and should not be rushed."**

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 6

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**"The current social stigma against nursing older children drives many mothers nursing older children to keep it to themselves -- and many tandem nursing mothers reveal their older child's nursing only to a carefully selected few. Only when Western cultures fully awaken to the benefits of long-term breastfeeding -- and when there is more directed research -- are we likely to learn the prevalence of breastfeeding during pregnancy and tandem nursing in Western countries."**

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 16

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### ***Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond* by Hilary Flower (LLLI, 2003)**

**"Feeling 'touched out' is a common feeling during pregnancy and tandem nursing. That irritating feeling is your body's alarm system saying, 'I need a break!' Think of yourself as an Olympic athlete -- while you're struggling to break new personal records of intellectual, emotional, and physical accomplishments, you must feed, rest, and pamper yourself in every way possible."**

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 26

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**"If your toddler is a professional nap-resistor, create a regular rest period anyway, with a resting blanket, quiet songs, and a dark room. Some mothers get nap time down to a science by:**

- **Toddler-proofing the room.**
- **Getting a latch for the inside of the door.**
- **Setting out quiet toys and snacks.**
- **Turning off the light and drawing the curtain.**
- **Getting the baby down to sleep.**
- **Assuring the toddler that rest-time will be over at a set time.**
- **Closing their own tired eyes.**

**Sometimes the toddler succumbs to sleep out of sheer boredom given these circumstances."**

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 28

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**"When both foster mother and child are disease-free, breastfeeding can be a boon and can make a huge difference in a baby's emotional and physical development. Distressed or drug positive babies may benefit particularly from having a breastfeeding foster mother. Indeed many would argue that breastfeeding should be the gold standard of foster care. With worries about potential transmission of viral diseases like HIV, however, foster breastfeeding is not always advisable. The Adoptive Breastfeeding Resource Website at [www.fourfriends.com](http://www.fourfriends.com) has a message board devoted to foster breastfeeding."**

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 159

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### ***Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond* by Hilary Flower (LLLI, 2003)**

"Tandem nursing may acquaint you with new mothering heights and depths. Adding to the problem, the high levels of oxytocin that characterize the early breastfeeding months has been shown to take the edge off of mental sharpness. When you're suffering from 'milk of amnesia' it can be hard to remember your own name -- so it's no wonder that you can't come up with brilliant solutions to every toddler conundrum. Add a layer of sleep-deprivation and two needy children and you get a stressed-out mother -- not always the paragon of kind mothering."

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 106

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"Criticism from a loved one can strain the relationship. Many times the loved one is coming from a place of love and genuine concern, although if fear and judgment get mixed in, what gets expressed may sound like criticism. Within families, passions can run high and boundaries can be elusive. If you feel a lack of acceptance and compassion for your choices, a first step may be to extend empathy... It is possible to empathize and listen without becoming defensive or giving up your own responsibility to make decisions for your children. Your loved one may or may not accept your choice, though, and relationships can be difficult for a while."

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 115

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"Toying with the other nipple may have been acceptable before pregnancy, but now it can be torture. You may have to clamp a hand down on the other breast or hold your toddler's hand away or firmly to your breast. One mother played 'thumb war' or pat-a-cake with the toddler's wayward hand. The twiddling may be a response to lower milk supplies (trying to get a let-down) and may signal a less satisfying nursing experience for the child because supplies are getting low."

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 43

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"Breastfeeding agitation may stem from our mammalian roots. Have you ever seen a dog or cat throw off their nurslings, even nipping at them when they request to nurse? Maternal aggression is not uncommon in the animal world at weaning time."

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 47

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### ***Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond* by Hilary Flower (LLLI, 2003)**

**"Ingestion of hormones of pregnancy through human milk should not be harmful to the breastfeeding child, according to Thomas Hale, PhD, author of the authoritative text *Medications and Mothers' Milk*. In lay person's terms, he says, the steroids, including many estrogens and progestins, pass poorly into milk due to their steroid structures. Secondly, these hormones are not readily bioavailable in humans."**

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 61

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**"Some marsupials like the red kangaroo and the agile wallaby have got tandem nursing evolution on their side. Kangaroo mothers can have an embryo in the uterus, a newborn joey attached to one teat inside the pouch, and a young one at foot that still reaches into the pouch for a suck at its own designated teat. The two teats have separate let-down reflexes, so the tiny newborn is not subjected to a torrent of milk when its older sibling begins to suck. Not only that, the kangaroo mother produces milk simultaneously of different quantity and composition from each teat. Not bad!"**

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 79

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**"Mothers often report that especially during the initial bonding period they feel a primal mama-grizzly protectiveness toward the new baby, and it can be quite hard to turn off. Indeed, your toddler may look like an unwelcome intruder in your breastfeeding love nest -- even though you may have chosen tandem nursing specifically to include your toddler! A clear feeling of affection for the toddler may sometimes be elusive, instead you may feel an uncanny and alarming indifference for this important child in the early days."**

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 95

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**"If tandem nursing is difficult, you may ask yourself: 'How much of this would be happening if I weren't tandem nursing?' So many things are new during this adjustment period, it's hard to tell what your choices and behaviors are affecting and what must be chalked up to some combination of adjustment to the new baby, typical toddler behavior, and your specific child's temperament."**

-- Hilary Flower in *Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond*, p. 198